

## Games

**Bingo :** No registration. \$1 at door. Prizes; refreshments served.

**Game Time:** Mexican Train Dominoes, cards, and board games are available or bring your own! No registration. \$1 at door. Refreshments served.

**Farkle:** No registration. \$2 at door. Refreshments served.

## Recurring Activities

**Book Review:** Come hear about what others are reading and share your latest find. No assigned reading. Refreshments served. No registration or fee.

**Let's Get Sewin':** Share ideas and visit while contributing to the community by making projects to donate to area charities.

**Sing-a-long Choir:** Meet new friends while singing favorites from the past! Join anytime. No registration or fee.

**Yarn Connection:** Learn new skills and have fun with friends. We provide yarn, hooks/needles, patterns, snacks and laughter. Help the community by working on charitable projects. No registration or fee.

## Exercise Classes

**Chair-side Exercise:** Range of motion and strength exercises using optional light weights. Some standing and sitting required. No registration or fee.

**Move It or Lose It:** Range of motion and strength exercises. Some standing and sitting required. No registration or fee.

**Vita Band:** Use resistance bands for range of motion and strength exercises. Some standing and sitting required. No registration or fee.

**Cardio Drumming:** Feel like a rock star while getting your heart rate up! All levels welcome. No registration or fee.

## Council on Aging Policies

The programs and events listed on the calendar are held at the *Council on Aging*, 1830 S. Broadway, unless otherwise noted. Please refer to the individual flyer on each function for more detailed information or call 684-0777.

**Age Eligibility:** All activities, programs, and events are open to adults age 50 and older, unless otherwise specified. Contact the Leisure and Learning department, 684-0777, for information.

### Registration and Payment Policy:

All activities, programs and events require registration unless noted. Functions that require a program fee must be paid in advance at time of registration unless noted as "Pay at Door." Registration is on a first come basis for events hosted at the COA.

**Cancellation Policy:** A function that requires a program fee paid in advance must be cancelled more than 3 business days prior to the function to receive a refund unless otherwise specified. Cancellation less than 3 business days will not be refunded.

**Transportation:** If you need transportation to and from any function please call the transportation desk, 684-0778 or 684-0808, to schedule a ride. Please refer to the transportation policy for scheduling times and rider information. There is a fee for transportation.

**Consumer Rights:** All services are provided without discrimination on the basis of race, color, religion, national origins, or sex. If you feel you have been discriminated against you have the right to file a complaint. Please contact the Director at (913) 684-0777.

For the hearing impaired TTY # 1-800-766-3777

Si sientes que has sido discriminado, llame al  
1-866-305-1343

LEAVENWORTH COUNTY COUNCIL ON AGING

# MARCH 2022

## Leisure & Learning Program Calendar of Events



1830 S. Broadway  
Leavenworth, KS,  
66048  
Telephone: 684-0777  
Fax: 684-0779

E-mail: [seniors1st@leavenworthcounty.gov](mailto:seniors1st@leavenworthcounty.gov)  
Website: [www.leavenworthcounty.gov/COA](http://www.leavenworthcounty.gov/COA)

# MARCH 2022

Monday	Tuesday	Wednesday	Thursday	Friday	New Events
	<b>1</b> Let's Roll with Sister Vicki* 11:00—3:30pm Sing-a-Long Choir 1:00-2:30pm	<b>2</b> Chair-side Exercise 8:30–9:30am Move It or Lose It 9:30 -10:00am Bingo 1:00-2:30pm	<b>3</b> COA Community Outreach at Exchange Bank in Easton 10:00-11:00am <b>Lunch &amp; Shopping 10:30am</b>	<b>4</b>	<b>Lunch &amp; Shopping:</b> Dillard's Zona Rosa and BC Bistro. RSVP; prepay \$7 for transportation, lunch and shopping on your own.  <b>Cardio Drumming:</b> This is your chance to be a rock star while getting a workout! All levels are welcome, and all equipment is provided. Space is limited; please call to reserve your spot. Join us on Tuesdays at 5:00pm and/or Thursdays at 1:00 pm.
<b>7</b> VitaBand Exercise 8:30 – 9:30am Coffee Group 9:00-10:00am Move It or Lose It 9:30 -10:00am Grief Support Group 10:30-11:30am	<b>8</b> Let's Roll with Sister Vicki* 11:00—3:30pm <b>Facebook for Beginners 10:30am</b>  <b>Cardio Drumming 5:00pm</b>	<b>9</b> Chair-side Exercise 8:30–9:30am Move It or Lose It 9:30 - 10:00am Caregiver Support Group @ Tonganoxie Riford Center 1:00-2:30pm Game Time 1:00-3:00pm	<b>10</b> <i>Sewing on the Line</i> Quilt Guild 1:00-3:00pm  <b>Cardio Drumming 1:00pm</b>	<b>11</b> <b>Around Emily's Kitchen Table</b>  <b>10:00-11:30 am</b> <b>OR</b> <b>12:30-2:00pm</b>	<b>Facebook for Beginners:</b> Learn the basics for using Facebook to keep up with your friends and family and find out about activities at the COA. Hosted by Leavenworth High School JROTC. No fee; RSVP to reserve your spot.  <b>Around Emily's Kitchen Table:</b> Cooking class featuring easy potato soup, Irish soda bread and sticky toffee pudding. Choose seating at 10:00 am or 12:30 pm. RSVP; prepay by March 7. \$6 includes demo, recipes and lunch.
<b>14</b> VitaBand Exercise 8:30 – 9:30am Move It or Lose It 9:30 - 10:00am Book Review 10:00-11:00am COA Outreach at Tongie 10:00am Let's Get Sewin' 1:00-3:00pm	<b>15</b> Let's Roll with Sister Vicki* 11:00—3:30pm Sing-a-Long Choir 1:00-2:30pm  <b>Cardio Drumming 5:00pm</b>	<b>16</b> Chair-side Exercise 8:30–9:30am Move It or Lose It 9:30 -10:00am Bingo 1:00-2:30pm	<b>17</b> COA Community Outreach at Basehor Library 9:00-10:00am Yarn Connection Group 1:00-3:00pm  <b>Cardio Drumming 1:00pm</b>	<b>18</b> Lunch & Movie 11:30am	<b>Around Emily's Kitchen Table:</b> Cooking class featuring easy potato soup, Irish soda bread and sticky toffee pudding. Choose seating at 10:00 am or 12:30 pm. RSVP; prepay by March 7. \$6 includes demo, recipes and lunch.
<b>21</b> VitaBand Exercise 8:30 – 9:30am Move It or Lose It 9:30 - 10:00am Coffee Group 9:00-10:00am	<b>22</b> Let's Roll with Sister Vicki* 11:00—3:30pm Cornhole 1:30pm  <b>Cardio Drumming 5:00pm</b>	<b>23</b> Chair-side Exercise 8:30–9:30am Move It or Lose It 9:30 - 10:00am Dementia Caregiver Support Group 10:30-11:30am <b>New Theatre Trip 10:15 am</b>	<b>24</b>   <b>Cardio Drumming 1:00pm</b>	<b>25</b>  <b>Walk for Health 10:00am</b>  <b>Bunco 1:00-3:00pm</b>	<b>Lunch &amp; Movie:</b> Enjoy <i>The Great Gatsby</i> with a lunch of roasted garlic chicken, garlic butter swirls, and French silk pie brownies. RSVP- limited seating; prepay \$4.
<b>28</b> VitaBand Exercise 8:30 – 9:30am Move It or Lose It 9:30 - 10:00am Let's Get Sewin' 1:00-3:00pm	<b>29</b> Let's Roll with Sister Vicki* 11:00—3:30pm  <b>Cardio Drumming 5:00pm</b>	<b>30</b> Chair-side Exercise 8:30–9:30am Move It or Lose It 9:30 -10:00am Farkle 1:00-3:00pm	<b>31</b> COA Community Outreach at Linwood Library 9:00-10:00am  <b>Cardio Drumming 1:00pm</b>	<b>Sponsored by:</b> <b>Council on Aging</b> <b>1830 S. Broadway</b> <b>Leavenworth, KS,</b>	<b>Walk for Health:</b> This class resumes with a group walk at Ray Miller Park at 10:00am. No registration or charge.  <b>Bunco:</b> Spend an afternoon of fun playing this popular dice game! No skill needed! RSVP; \$2 at door. Refreshments served.

\*For additional information about *Let's Roll with Sister Vicki*, please contact Elaine Belardo at *The Deeper Window Association*: (301) 676-7538.  
 Newly-added activities are represented in bold print.